

## **Candida or “To be yeast free” Diet**

These recipes are kid tested recipes to utilize the foods available on a candida diet. It takes from one to three months to become yeast free, by starving these beasties, as they feed on sugars, and other wastes fed them by your food and digestive issues. Generally allowed are Spelt, Quinoa, Millet, Buckwheat (a seed), and occasional Brown Rice. All nuts and seeds need to be raw and soaked when used. Cashews and peanuts are no no's, due to the fact of the many yeasts, molds normally found on them from their storage processing. All other nuts are ok used in extreme moderation. All seeds are a go and need to be used daily, especially sesame and flax seeds, approximately 2 tablespoons full daily. Fruits that are ok are of course any sour fruit of you locality, in general they are Sour grapefruit, lemons limes, tomatoes, avocados, green apples as in Granny Smith. Occasionally a cantaloupe, or few red/black grapes may be used. For the most of our diet it must be any and all of the vegetables that we have at our disposal, eaten as raw as possible. Legumes are of course used in moderation as well, on a candida diet. The above recipes will fill you in on some very necessary ideas for an otherwise boring diet!

### **Waffles**

2 Cups dry brown rice, or millet, or buckwheat [or any combination of the three]

1 ½ tsp. salt

1/3 cup unsweetened coconut

1/3 – ½ cup almonds, or sesame seeds, or pecans, or walnuts [any combination of these]

1 medium carrot

2 T. flax seeds

4 cups water

Put everything in the blender and blend very well. Batter will be fairly thin. For fluffier waffles, blend each time before filling waffle iron.

### **Mayonnaise**

1 Cup soaked almonds

1 tsp. salt

2 tsp. onion powder

¾ tsp. garlic powder

3 T. lemon juice

1 cup cooked rice or millet

1 1/3 cup water

Blend all ingredients until very smooth. Use a spatula to help keep the mixture turning. Adjust water for desired thickness.

### **Swany's Quick Salad Dressing**

3 parts Olive oil  
1 part water  
1 part fresh squeezed lemon juice  
1 rounded teaspoonful Celtic salt  
5 cloves Garlic-peeled  
1 teaspoon Basil

### **Elena's Italian Dressing**

1 ½ C Oil, preferably grape seed, extra virgin olive, or any other cold pressed  
1 C Water  
¾ C Lemon Juice (fresh squeezed)  
8 cloves garlic or to taste  
1 Tbsp Celtic Salt  
1 Tbsp Onion powder or fresh equivalent  
4 tsp Italian Seasoning  
¼ tsp cayenne-optional  
½ dropperful stevia - optional  
Blend well and serve.

### **Swany's Tahini**

1 Cup water  
1 Cup Sesame seeds unhulled—not the white ones...  
5 Cloves of Garlic  
1 tsp. (rounded) salt  
2 tsp. Lemon Juice  
Blend all ingredients in blender until smooth. Keep refrigerated.  
Excellent and best source of bio-available Calcium for the body!!  
Unequaled.

### **Better than Butter**

1 ¼ C Virgin, cold pressed coconut oil  
¾ C Extra virgin Olive oil  
2 Tbsp Lecithin granules  
3 Tbsp Flax seed oil  
1 C Water  
1 C. Cooked millet  
1 Tbsp Salt (slightly rounded)

Blend together first 4 ingredients until smooth. Mix salt and water together. Add to oil mix. Blend until well blended—looks like butter. Pour into containers and chill in refrigerator. Can always stir when warm and re-chill.

### **Green Smoothie**

½ C. frozen unsweetened cranberries  
24 drops liquid stevia  
2 cups leafy greens  
1 ½ Granny Smith apples  
2 + cups water

Blend until smooth and creamy. Enjoy!

### **Soy Sour Cream**

Blend until smooth:

1 C Water  
1 C Sunflower seeds

Add to blender and blend again:

1 8oz Tofu  
¾ C Cold water  
1 tsp salt  
1 tsp Onion powder  
1/8 C Lemon juice  
½ C Flax seed oil or other cold pressed oil.

While blending, add 1 tsp xanthium gum or guar gum. Whiz for a second or two. Chill. Makes about 4 cups

### **Cilantro Pesto Sauce**

4 cloves garlic  
1/3 cup raw Brazil nuts  
1/3 cup raw sunflower seeds  
1/3 cup raw pumpkin seeds  
2 cups packed fresh cilantro  
2/3 cup flaxseed oil  
4 tbsp lemon juice  
2 tsp. dulce  
Salt to taste

Process cilantro and oil in blender until cilantro is chopped. Add rest of ingredients and blend until smooth, or as smooth as you can get it in your blender. It freezes well.

### **Basil Pesto Sauce**

1 C. olive oil  
1/4 C. water  
4 cloves garlic  
1/2 - 2/3 C. nuts [almonds, pecans, walnuts, sesame seeds, pumpkin or sunflower seeds] I prefer almonds pecans, walnuts.  
2 - 3 C. (packed) fresh basil  
Salt to taste

Blend all ingredients until smooth. If you want a spread, use less liquid.

### **Fresh Dill Pickles**

1 C Lemon juice  
1 C Water  
1 Tbsp Dill Weed  
1/2 Tbsp Onion Powder  
1 tsp. garlic powder  
2 cloves crushed raw garlic  
1/2 Tbsp crushed dill seed  
3/4 Tbsp salt  
Sliced cucumbers

Pack a quart sized canning jar with raw garlic and sliced cucumbers. Put all other ingredients in a sauce pan and bring to a boil. Pour boiling brine into jar of cucumbers and seal with a lid. Pickles are

ready to eat as soon as they are cool. They will keep in the refrigerator for about 10 days.

## **Cranberry Pumpkin Smoothie**

### **Blend:**

½ c soaked almonds or ¼ c. coconut milk

One cup water

### **Add:**

1 ½ cups frozen cranberries

7-8 drops liquid Stevia or more to taste

5 drops of orange extract

2-3 cups of frozen pumpkin.

1 tsp vanilla extract (drop into tiny bit of boiling water to burn off alcohol-then add)

Blend well. Add any additional water needed to make milkshake consistency. Eat immediately or freeze for later.

## **Enchilada Sauce**

4 cups water

4 + dried chili peppers [add the seeds if you want it HOT]

4 t. salt

28 oz. can tomato puree

1 ½ tsp. cumin powder

3 T. olive oil

1 tsp. garlic powder

2 tsp. onion powder

Blend all ingredients until smooth.

## **Olive Spread**

3 C. finely chopped black olives

1 ½ C. finely chopped green olives

2 med. Cloves garlic minced

2 T. lemon juice

5 T olive oil

2 ½ t. onion powder

Sprinkle of cayenne

1 ½ t. basil

2 t. parsley

Mix well. Let sit for one hour if possible. Serve on waffles, on tortillas with cashew cheese. etc.

### **Almond-Vanilla Milk**

½ C. soaked almonds  
1/3 /c, coconut  
¼ t. salt  
2 t. vanilla (steam off the alcohol)  
4 cups water

Blend all ingredients in ½ the water on high for 3 minutes. Add remaining water and blend briefly. You can strain through a paint strainer if desired.

### **Garlic Spread**

¾ C. olive oil  
6-7 cloves garlic  
2 t. parsley  
1 t. oregano  
1 t. basil  
1 T. onion powder  
1 - 1 ½ t. salt

Blend well.

### **Creamy Rice Cereal**

1 C. rice (ground in vita mix)  
4 C. water  
1 ½ t. salt

Bring water and salt to a boil. Stir in rice with a wire whip. Reduce heat to low and cook for 45 minutes.

### **Pecan Cream**

1 ½ C. pecans  
1 ½ C. water  
2 t. vanilla (steam off alcohol)

Pinch salt  
20 drops stevia (adjust to taste)

Blend 2-3 minutes until very smooth.

### **Cheesy Broccoli Garbanzo Soup**

Blend until very smooth:

2 C. water  
1 C. soaked almonds  
2 ½ t. salt  
2 t. onion powder  
½ t. garlic powder  
¼ C. pimentos or sweet red pepper

Add:

1 ½ C. more water and blend briefly.

Cook over medium-high heat, stirring constantly, until slightly thickened.

Add:

3-4 C. chopped steamed **broccoli**  
3 C. cooked **garbanzos**  
1 ½ C. chopped steamed **onions**  
4 cloves chopped steamed **garlic**

### **Dennis' Basil Dressing**

1 C. water  
1 ¼ C. oil (olive, flax, or grapeseed)  
2 t. Herbamare (or salt)  
3 cloves  
Large handful of fresh basil

Blend well and serve.

### **Cindy's French Dressing**

1 qt. canned tomatoes  
1 ½ t. garlic powder  
1 ½ t. onion powder

1 ½ t. Italian seasoning  
1 t. salt  
Several drops stevia  
½ C. lemon juice  
¼ C. olive oil

Blend well.

### **Sunflower Seed Dressing**

1 C. raw sunflower seeds  
1 ½ C. water  
1 t. salt  
1 t. garlic powder  
1 t. onion powder  
¼ C. lemon juice  
1 ½ t. dill weed  
Blend well.

### **Swany's Salsa**

5 Roma tomatoes  
2 regular tomatoes  
Small handful cilantro  
1 medium onion  
6 cloves garlic  
2 t. salt  
1 jalapeno  
1 average zucchini or cucumber  
3 T. lemon juice

Chop everything finely and mix together.

### **Hummus**

2 C. garbanzos (cooked)  
2-3 T. soaked sesame seeds  
2 lg. cloves garlic  
½ t. salt  
3 T. lemon juice  
2 t. onion powder  
2 t. olive oil

Blend with just enough liquid from the beans to make a thick spread.  
Use a spatula to help it blend thoroughly.



### **Sunflower Seed Sour Cream**

2 ½ C. water  
2 C. sunflower seeds  
2 t. salt  
2 t. onion powder  
1 t. garlic powder  
2/3 C. lemon juice

Blend all ingredients on high for 2-3 minutes until creamy.

### **Creamy Ranch Dressing**

Almond mayonnaise  
Dill weed  
Onion powder  
Garlic powder  
Salt to taste

Mix well.

### **Gary's Dressing**

10 cloves garlic  
1 lemon juiced  
1/8 lemon rind, finely grated  
¼ C. soaked sesame seeds  
1 t. salt  
6 + drops stevia  
¼ - ½ inch finely minced fresh ginger  
Blend well.

### **Pimento Cheese Sauce**

1 ¾ C. water  
1 heaping C. almonds  
¼ C. sesame seeds  
1 ½ t. salt  
1 t. onion powder  
¾ t. garlic powder  
¾ C. pimentos

1/3 C. lemon juice

Blend all ingredients until very smooth and creamy.

### **Walnut Spread**

Blend:

1 C. walnuts

1 C. water

6 oz. tomato paste

1 t. onion powder

½ garlic powder

1 t. salt

½ t. cumin powder

Stir in:

2 C. chopped olives

1 - 1 ½ C. finely chopped green onions

### **Curried Vegetables on Rice or Potatoes**

Chop and Steam:

8-12 C. broccoli, green beans, carrots, onions, garlic, cauliflower, etc.

Add:

1 can coconut milk

1 can potato water

2 T. healthy curry powder

1 + tsp. salt

Ladle this over large cubed red potatoes.

### **Green Lemonade**

½ C. juice from greens (kale, collards, spinach, beet, etc.)

1 T. lemon juice

¼ - 1/3 C. water

Few drops stevia

Stir and drink.

### **Peppermint-ade**

12 oz. water  
1 drop pure peppermint oil  
Few drops stevia

Mix and enjoy.

### **Butternut Squash Delight**

Mash baked butternut squash with a little olive oil and salt. Serve with steamed spinach.

### **Millet Black Bean Enchiladas**

Layer in pan:  
Enchilada Sauce  
Thin layer cooked (firm) millet  
Thin layer cooked black beans  
Zucchini slices or spinach  
Olives  
Steamed onions and garlic  
Cheese sauce  
Millet  
Black beans  
Enchilada sauce  
Zucchini slices or spinach  
Olives steamed onions and garlic  
Cheese sauce  
Millet  
Black beans  
Enchilada sauce  
Cheese sauce  
Olives

Bake at 350 for about 45 minutes.

### **Black Bean Mexican Soup**

4 C. cooked black beans  
1 C. cooked garbanzos  
1 C. diced green chilies  
Salt to taste  
3 t. cumin  
4 t. onion powder  
2 t. garlic powder  
2 C. chopped, steamed onions and garlic  
2 cups canned tomatoes

Add cayenne or jalapeno pepper to desired hotness

Simmer on low for 1 hour. Serve topped with chopped cilantro and pimento cheese sauce.